

ABSTRACT

[0038] A lacrosse head (10) is provided for improving ball retention and throwing accuracy. The lacrosse head (10) includes a pair of opposing sidewall portions (14) each having a top end, a bottom end, and an inner intermediate section with a shelf (28) integrated therein. Each shelf assists a user in retaining a lacrosse ball within the lacrosse head (10). The top ends of the opposing sidewall portions (14) are connected to each other by a scoop portion (16) that has a non-skid surface formed thereon for gripping the lacrosse ball. The bottom ends of the opposing sidewall portions (14) are connected by a base portion (18).